



THE GROCERY LIST



FOOD

Fresh Vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce/ Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes
- _____
- _____

Fresh Fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons/ Limes
- Melon
- Oranges
- Peaches
- Nectarines
- Pears
- Plums
- _____
- _____

Baked Goods

- Bagels/ Croissants
- Buns/Rolls
- Cake/ Cookies
- Donuts/ Pastries
- Fresh bread
- Sliced bread
- Pie! Pie! Pie!
- Pita bread
- _____
- _____

Frozen

- Breakfasts
- Burritos
- Fish sticks
- Ice cream/ Sorbet
- Juice concentrate
- Pizza/ Pizza Rolls
- Popsicles
- Fries/ Tater tots
- TV dinners
- Vegetables
- Veggie burgers
- _____
- _____

Meat

- Bacon/Sausage
- Beef
- Chicken
- Ground beef/ Turkey
- Ham/Pork
- Hot dogs
- Lunch meat
- Turkey
- _____
- _____

Seafood

- Catfish
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- _____
- _____

Dairy

- Butter/Margarine
- Bleu cheese
- Cheddar cheese
- Chip dip
- Cottage cheese
- Cream cheese
- Feta cheese
- Goat cheese
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sandwich slices
- Swiss
- Eggs/Fake eggs
- Half & half
- Hummus
- Milk
- Sour cream
- Whipped cream
- Yogurt
- _____
- _____

Condiments/Sauces

- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam/Jelly/ Preserves
- Ketchup/ Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- _____
- _____

Beverages

- Club soda
- Drink mix
- Energy drinks
- Flavored water
- Iced Teas
- Juice
- Lemonade
- Soda
- Sports drinks
- Water
- _____
- _____

Snacks

- Candy
- Cookies
- Crackers
- Dried fruit
- Granola bars/ Mix
- Jerky
- Nuts/Seeds
- Popcorn
- Potato/ Corn chips
- Pretzels
- _____
- _____

Canned Food

- Applesauce
- Baked beans
- Broth
- Chili
- Fruit
- Olives
- Tinned meats
- Tuna/ Chicken
- Soups
- Tomatoes
- Veggies
- _____
- _____

Baking & Spices

- Baking powder
- Baking soda
- Bread crumbs
- Cake/ Brownie mix
- Cake icing/ Decor
- Chocolate chips
- Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
- _____
- Black pepper
- Cinnamon
- Ginger
- Oregano
- Paprika
- Red pepper
- Salt
- Spice mix
- Vanilla extract
- _____
- _____

Various Groceries

- Bagels
- Bouillon cubes
- Breads
- Cereal
- Coffee/ Filters
- English muffins
- Instant potatoes
- Lemon/ Lime juice
- Mac & cheese
- Oatmeal
- Olive oil
- Pancake/ Waffle mix
- Pasta/ Sauce
- Peanut butter
- Pickles
- Rice
- Tea
- Tortillas
- Vegetable oil
- Vinegar
- _____
- _____

Baby Stuff

- Baby food
- Diapers
- Formula
- Lotion
- Baby wash
- Wipes
- _____
- _____

Pets

- Cat food/ Treats
- Cat litter
- Dog food/ Treats
- Flea treatment
- Pet shampoo
- _____
- _____

HOUSEHOLD

Personal Care

- Antiperspirant/ Deodorant
- Bath/ Hand soap
- Condoms/Other b.c.
- Cosmetics
- Conditioner
- Cotton swabs/Balls
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel/ Spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors/ Shaving cream
- Shampoo
- Sunblock
- Toilet paper
- Toothpaste
- _____
- _____

Kitchen

- Aluminum foil
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich/ Freezer bags
- Wax paper
- _____
- _____

Cleaning Products

- Air freshener
- Bathroom cleaner
- Bleach/ Detergent
- Dish soap
- Dishwasher soap
- Garbage bags
- Glass cleaner
- Vacuum bags
- Sponges/ Scrubbers
- _____
- _____

Medicine

- Allergy
- Antibiotic
- Anti-diarrheal
- Aspirin
- Antacid
- Band-aids/ Medical
- Cold/ Flu/ Sinus
- Pain reliever
- Prescription pick-up
- Supplements
- Vitamins
- _____
- _____

Other Stuff

- Automotive
- Batteries
- Charcoal
- Flowers
- Greeting card
- Insect repellent
- Light bulbs
- Newspaper
- Magazine
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____
- _____

CHECK LIST

- Reusable bags!
- Clip coupons!
- Have returns?
- Bags to recycle?